



FITNESS PROGRAMME

valid until October 6th, 2019

Monday	9.30 a.m. – 10.20 a.m.	Aquafit
	6.00 p.m. – 6.50 p.m.	Pilates
	7.00 p.m. – 7.50 p.m.	Pilates
	8.00 p.m. – 8.50 p.m.	Aquafit
Tuesday	5.30 p.m. – 6.30 p.m.	Fitness Supervision and Training Instruction (advance notification)
	6.30 p.m. – 7.30 p.m.	Body Control
	7.45 p.m. – 8.30 p.m.	Aquafit
Wednesday	9.00 a.m. – 10.00 a.m.	Pilates
	10.15 a.m. – 11.15 a.m.	Pilates
	10.45 a.m. – 11.35 a.m.	Aquafit
Thursday	5.30 p.m. – 6.20 p.m.	Pilates
	6.30 p.m. – 7.30 p.m.	Body Move
	7.30 p.m. – 8.30 p.m.	Fitness Supervision and Training Instruction (advance notification)
Friday	8.30 a.m. – 9.20 a.m.	Pilates
	9.30 a.m. – 10.45 a.m.	Body Forming and deep relaxation
	11.00 a.m. – 12.00 noon	Pilates
Saturday	9.30 a.m. – 11.30 a.m.	Nordic Walking (1 st Saturday of the month)
	12 noon – 12.30 p.m.	Fitness Supervision and Training Instruction (advance notification)
Sunday	9.30 a.m. – 10.45 a.m.	Yoga

Information

Opening hours outdoor pool

April – May	8 a.m. – 9 p.m.
June – September	7 a.m. – 10 p.m.

Also this year the regular pool revision takes place,

from Sunday, July 21st until Friday, July 26th, 2019.

During the pool revision, the aquafit has to be cancelled.

Please also note that in the same week minor repair work in the sauna area will be carried out. Therefore the sauna area is closed.

From Friday, July 26th at 5 p.m. the entire spa area is reopened.

